How to Read a Food Label

Nutrition Facts

Serving Size 1 cup (252g)
Serving Per Container 2 **EXAMPLE FOOD LABEL**

Amount Per Serving

Calories 270	Calories from Fat 25
	% Daily Values*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 130mg	**5%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 6g	**24%**
Sugars 0g	
Protein 9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FAT: <20% # of calories per serving
TIP: Divide # of calories from fat by # of calories per serving

TRANS FAT: NO trans fat (avoid margarine, shortening and partially hydrogenated oils in the ingredient list)

CHOLESTEROL: ZERO

SODIUM: < # of calories per serving (i.e. 1:1 ratio or less)

TURN OVER TO LEARN MORE ABOUT UNDERSTANDING INGREDIENTS ➜

NUTRITION CHEAT SHEET

FAT < 20% # OF CALORIES PER SERVING

NO TRANS FAT

ZERO CHOLESTEROL

SODIUM < # OF CALORIES PER SERVING

CARBOHYDRATES: LOOK FOR WHOLE GRAINS

AVOID ADDED SUGAR

2 - 3 GRAMS OF FIBER PER SERVING

NO ADDED OIL

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Understanding the Ingredients

CARBOHYDRATES: NO refined carbohydrates — signified by words *enriched* or *white* (e.g. enriched wheat flour, enriched bleached flour, all-purpose flour). Look for whole grains in the ingredient list — signified by words *whole*, *rolled*, *stone ground*, or *cracked* (e.g. whole grain flour, rolled oats, ground-on-stone whole-wheat flour, wheat berries, bulgur, cracked wheat).



SUGARS: AVOID any added sugars among the first 3 to 5 ingredients (e.g. high fructose corn syrup, fructose, sucrose, evaporated cane juice, honey, molasses, agave, maple syrup).



OIL: NO added oil, especially coconut and palm oils, any animal saturated fats (e.g. butter, cheese, lard), or partially hydrogenated fats (e.g. margarine, shortening).



GENERAL TIPS: The most healthful foods are the fresh and frozen produce. Fill your plate with plenty of vegetables, starchy vegetables, fruits, legumes — e.g. peas, beans, lentils, and intact whole grains — e.g. brown rice, maize (corn), oat, wheat, barley. Avoid highly processed foods. Give preference to minimally processed foods that follow these guidelines.



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Adapted from: *Should I Eat That: How To Choose The Healthiest Foods* by Jeff Novick, MS, RD